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AMENDMENTS TO THE CLAIMS:

The following listing of claims will replace all prior versions and listings of claims in the application.

Listing of Claims

1. (Currently Amended) An apparatus providing an adjustable range of motion for an extremity of a user, comprising:
 - a support including an arm extending therefrom ~~defining an axis;~~
 - a flywheel rotatably mounted on the arm support for rotation about the a first axis,
the first axis being at least extending substantially in a horizontal plane
perpendicular to the arm, the flywheel having a first plurality of horizontally[-]aligned bores disposed along a diameter thereof;
 - a first lever configured for being releasably mounted in one of the bores of the first plurality of bores on a side of the flywheel, such that releasably mounting the first lever in a different bore of the plurality of bores changes the path of motion of the user's extremity positioned on the first lever thereby altering the range of motion of the articulation forming the user's joints on the respective extremity of the user;
 - a seat positioned at a rearward of the flywheel, the seat at distance and at least
substantially the same elevation as the flywheel, horizontal with respect to
the flywheel such that a user seated on the seat may place one of their extremities on the first lever wherein to rotate the flywheel is rotated;
 - a hub in operative communication with the support, the hub including a rotatable member for imparting rotational motion to the flywheel, about a second
axis, the second axis being at least substantially coaxial with the first axis;
 - and,
 - a crank in operative communication with the rotatable member of the hub, the crank being positioned on a side of the flywheel opposite of the first lever[;].

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2. (Previously Presented). The apparatus of claim 1, further comprising: a second lever rotatably mounted with the crank such that a user may rotate the flywheel by imputing forces on the first lever and second lever with the extremity.

3. (Currently Amended). The apparatus of claim 1, further comprising a second plurality of horizontally[-]aligned bores bisecting the first plurality of bores on the flywheel, along a diameter thereof, the second plurality of bores extending orthogonally from the first plurality of bores.

4. (Currently Amended). The apparatus of claim 1, further comprising a ~~N~~ number of plurality of horizontally[-]aligned bores bisecting the first plurality of bores on the flywheel along a diameter thereof, each of the plurality of bores in linear alignment at an angle with respect to the other plurality of bores.

5. (Currently Amended). The apparatus of claim 1, wherein the first lever has a bore extending laterally from a medial lever side face to a lateral lever side face opposite thereof, the means for releasably rotatably mounting the first lever with one bore comprises:

a sleeve configured to fit within the lever bore; and
a pin insertable through the sleeve on the lateral lever side face and extending out of the medial lever side face, the pin having a protrusion for engaging with one horizontally[-]aligned bore of the flywheel.

6. (Original). The apparatus of claim 1, wherein the flywheel comprises:
a circular plate having opposing planar surfaces and a perimeter edge;
a ring sized to fit around the perimeter edge of the circular plate and having an inner edge; and
a brace member extending across one of the planar surfaces of the plate to span the inner diameter of the ring.

7-14. (Cancelled).

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15. (Currently Amended). A method for selectively adjusting the range of motion of articulations formed from the joints of an extremity of a user engaging in a cycling action, comprising the steps of:

- providing a seat whereon a user may sit;
- providing a support including an arm extending therefrom defining an axis;
- providing a flywheel rotatably mounted on the support arm, the flywheel positioned forward spaced from the seat, the flywheel configured for rotation about the a first axis, the first axis being extending substantially in a horizontal plane perpendicular to the arm, and, the flywheel having a first plurality of bores extending in a direction parallel to the axis of rotation and disposed along a diameter of the flywheel;
- positioning the seat such that the seat is at least at substantially the same elevation as the flywheel;
- providing a lever configured for releasable releasably mounting with one of the bores of the flywheel;
- providing a hub in operative communication with the support, the hub including a rotatable member for imparting rotational motion to the flywheel about a second axis, the second axis being at least substantially coaxial with the first axis;
- providing a crank in operative communication with the rotatable member of the hub, the crank being positioned on a side of the flywheel opposite of the first lever;
- mounting the lever with one particular bore of the flywheel to select the desired articulating motion of the user's joints on the respective extremity of the user when the user's extremity is placed on the lever and a force is applied thereto; and,
- creating a force on the crank to activate the hub and impart rotational motion to the flywheel.